

Evolution Training Center
360 Milltown Road
Bridgewater, NJ 08807
www.TheEvolutionGym.com

EVOLUTION TRAINING CENTER

FLIGHT SCHOOL



This program emphasizes flexibility, core strength, body control, and performance.

Great for any or all that would like to improve their confidence as a flyer, or get that extra flexibility for amazing jumps and tumbling.

Mondays & Thursdays

5:15pm-6:00pm

Fall 2017 Session begins September 5th!